

Beyond Avoidance: Eating Disorder Professionals and The Role of Acceptance in Burnout

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Credit: One (1) Continuing Education Credit Awarded

Posttest (For reference only. You must take and pass the test online for CE credit.)

- 1) What best describes the human giver syndrome?
 - a. Belief that some people are supposed to exist to put all their energy into creating comfort and success for other people contagious belief that you have moral obligation to give every drop of humanity in support of others, no matter the cost to you
 - b. Compulsive gift giving
 - c. You must give in order to receive
 - d. You only get what you put out
- 2) Acceptance and Commitment Therapy (ACT) is what wave of CBT?
 - a. First
 - b. Second
 - c. Third
 - d. It is not a wave of CBT
- 3) Which of the following is NOT a sign of burnout?
 - a. Compassion fatigue
 - b. Increased creativity
 - c. Irritability
 - d. Exhaustion
- 4) What two groups are at the highest risk for experiencing burnout?
 - a. Men and workers over 40
 - b. Food service workers and women
 - c. Women and workers under the age of 30
 - d. Retired men and women
- 5) What best describes the Japanese term Karoshi?
 - a. Burnout that leads to death
 - b. Coping skills
 - c. Meditation
 - d. Work life balance
- 6) Which of the following is NOT a frequently cited contributor to burnout to eating disorder professionals?
 - a. Nature of eating disorders
 - b. Patient characteristics
 - c. Work related factors
 - d. High patient recovery success rate
- 7) Psychological flexibility is associated with what two characteristics?
 - a. Lower compassion fatigue and greater compassion satisfaction
 - b. Higher compassion fatigue and lower compassion satisfaction
 - c. Increased coping skills and lower compassion satisfaction
 - d. Increased stress and rigidity

- 8) Who created Acceptance and Commitment Therapy (ACT)?
- a. Freud
 - b. Steven Hayes
 - c. Dolly Parton
 - d. Brene Brown
- 9) What percentage of therapists worry about their patients' health?
- a. 25%
 - b. 67%
 - c. 93%
 - d. Most mental health professionals report not worrying about their patients' health
- 10) Which is concept is not part of the ACT Hexaflex?
- a. Avoidance
 - b. Values
 - c. Acceptance
 - d. Defusion